

2021-2022 • VOL. 4 • ISSUE 1

NEWSLETTER



ST. LAWRENCE PRIMARY SCHOOL

December 2021

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A Word from the Principal



As the new principal, I feel very honoured to be the newest member of the St. Lawrence Primary School family. Like all the principals before me, my desire is to continue the great work that not only brings a high standard of education to our young population but also to ensure that the wider community is an integral part of the whole process.

The theme for this academic year is “Grow As You Go” which is timely since the pandemic has compelled many of us to grow in some way as we go through it. From an educational standpoint, creativity and innovation are key developmental staples in everything that is done in the classroom. The challenges presented by the pandemic have created opportunities for teachers to enhance the teaching/learning experience so that it is more novel, more engaging, and more diverse. In this way, the educational development of the young lives in our care is better equipped for the demands of the 21st century despite the present-day issues.

Soon a new year will be upon us, and although Covid-19 persists, with the continued support from our parents, corporate partners, friends, and well-wishers we will power through these trying times together. As we put God in everything we do, be encouraged for we embrace Philippians 4:13, "I can do all things through Christ who strengthens me" to continue to provide ‘quality education for all’.

I

*Lorraine Gittens
Acting Principal*

Congratulations

On Wednesday, November 3rd 2021, 17 Students were installed as prefects for the academic year 2021-2022. We look forward to our student leaders growing as they continue going and representing St. Lawrence Primary in great ways.

HEAD GIRL		DEPUTY HEAD GIRL	
			
Jania Kennedy	Xenobia Went	Lenna Hamati	Danica James
			
Myniya Haynes	Naomi Tull	Raycia Darby	Shamonique Walker
	STUDENT LEADERS OF ST. LAWRENCE PRIMARY SCHOOL 2021-2022		
Tamera Durant			Khristal Dhanraj
HEAD BOY		DEPUTY HEAD BOY	
			
Jayden Headley	Tejae Renee-Butcher	Kajani Grant	Dernarie Pinder-Goodridge
			
Amauri Broomes	Nathan Archer	Caleb King-Rollins	

**PREFECT
INSTALLATION**

Independence Celebrations

This year, to celebrate our 55th year of independence, the children participated in an online quiz.

One of our Class 3 students, Khristal Dhanraj, participated in an essay competition hosted by the National Cultural Foundation entitled "My Barbados: Our Future". For her successful entry she was awarded a tablet. Great job Khristal!





September

Kaemon Blenman
Tyler Brathwaite
Andros Searles
Jania Kennedy
Joshai Connolly
Dernarie Pinder-Goodridge
Nashae Pinder
Tamera Durant
Jeremi Trim
Kaiden Reid
Cattleya Watson
Gabriel Delevante
Trevor Thelius
Naquata Hackett
Shaniece Franklyn
Stassia Irving
Zidane Beckford
Amari Phillips
Cayden Alleyne
Jade Nurse
Jada Nurse
Naymar Rolston
Mrs. N.Sobers-Tull
Tameerah Boyce-Knight
Mrs. S. Callender
Ms. D. Herbert-Dyall
Chad Burrowes
Nathierry Gill
Sh'Mya Crawford

October

Jonathan Carter
Aliyah Green
Akirio Brathwaite
Toneisha Lewis
Dymani Whittaker
Ardyle Cockburn
Edonte Edwards
Andre Leacock
Creeshawn Sargeant
Ashera Cadogan
Mekhi Chapman
Devante Smith
Lakina Searles
Kelan Watson
Kristoff Bourne
Jasiah Arthur
Kitana Barnes
Tariq Moore
Mariah Fiedtkou
Kymarie Mallett
Shalisa Scott
Zamal Johnson
Kayden Murrell

November

Kajani Grant
Myniya Haynes
Danica James
Ms. L. Howell
Jaelen King
Dionisia Palmer
Mr. B.Carter
Ethan White
Dwayne Chase
Sabra Ruck
Tianna Thomas
Nahtari McFarlane
Zareke Layne
Azaylah Thompson
Achebe Gamble
Eli Ward-King
Kyon Walcott
Ethan Bishop

December

Xavi Edwards
Tejae Renee-Butcher
Naomi Tull
Shamonique Walker
Xenobia Went
Ms. M. Brewster
Aliina Ellis
Jelani Blunt
Ms. W. Fevrier
Ceanna Richards
Richona Clarke
Ptah Marshall
Kofi Mascoll
Azhani Thompson
Parmesh Jaisingh
Ms. J. Phillip
Milez Graham

A Bajan Tradition



Sorrel is consumed as part of Christmas tradition in Barbados although you can drink it all year round. Bajans love to drink sorrel but we are often unaware of its health benefits. It was revealed that sorrel could kill certain types of cancer cells.

Sorrel is a close relative to the European sorrel. The European sorrel is a green leaf vegetable which is used in salads, soups or stews. However the sorrel used to make the drink is a deep red sorrel and is an annual plant instead of a perennial one. Also like the tamarind it has an acidic taste.

Traditionally in Barbados sorrel was a home made drink but now it is sold commercially by Barbados Bottling Company (BBC).

It can be said that the sorrel drink was perfected by one of our own by the name of Senator Carmeta Fraser. Mrs. Fraser was a dignitary in Barbados in the early 1990s. She had a radio program and even books about growing and eating local foods. Hence her motto "Let's eat what we grow, grow what we eat" and the ever popular "Food comes first" which is still heard in many households in Barbados to this day. Unfortunately Mrs. Fraser passed on a few years later but her legacy continues. Here is the recipe for sorrel made by Senator Carmeta Fraser.

- 2 cups of dried sorrel**
- 3 whole cloves**
- 1 ½ tablespoons of grated orange zest**
- 1 ½ grated fresh ginger**
- 2 quarts of boiling water**
- 1 cup of sugar (½ cup more if you've got a serious sweet tooth)**

Place the sorrel and the other ingredients except for the sugar in a large crock or ceramic jug. Pour the boiling water over all and let it steep in a warm, dry place for 48 hours. Strain and add the sugar. Refrigerate for another 48 hours. Serve over ice.

Edited and taken from Copyright 2021 Barbados Pocket Guide

<https://www.barbadospocketguide.com/eat-and-drink-in-barbados/bajan-food-and-drinks/sorrel-drink.html>



Donations

- The Church of St. Lawrence
- Sandals Foundation
- Ms. Jean Burton
- Lions Club of Barbados West
- St. Dominic's Roman Catholic Church

Updates and Reminders

- Next term begins **Tuesday, January 11, 2022** for students .
- Check your child's email address for any notices and updates.
- **End of term reports** have been emailed to the child's email address. To report any challenges send an email to **info.stlawrence@school.edu.bb**
- Check out **www.stlawrenceprimary.weebly.com** for all the school's activities and to see any updates.